HEALTH AND WELLNESS COMMITTEE OF THE COA Meeting Notes May 7, 2013 9am-10:45am

In Attendance: Beth Shapiro, Shawn Brennan, Tammy Duell, Judy Levy, Myrna Cooperstein, Revathi Vikram, Marcia Pruzan, Sarah Gotbaum, Pazit Aviv, Lance Kilpatrick, Noelle Hyman, Candice Rettie, Mikki Firor, and Joe Petrizzo

Topic	Discussion Points	Decisions/follow-up
Reports/Updates	a. NIH – free handouts ~Talking with your older patient ~ Talking with your doctor	Marcia Pruzan gave an update on COH (Commission on Health)
	b. Presenters on a panel – Dementia Codile & Rev on the panel video shown of the program – seniors volunteering to help others	
	c. State Health Plan for hospice – handout given	Shawn Brennan Tammy Duell will e-mail to all on the committee
	d NPR doing shows on air about elder abuse – to raise awareness. Bonnie Klem of Adult Protection was interviewed on one show.	Committee
	e. Montgomery County – dementia ~ Policy Implications of Dementia Tsunami: Issues re: patient's with feeding tubes: `families are not consulted 13% of times `families feel pressure to have feeding tube put in `risks of feeding tubes are not presented to family	

	`there is no change in survival rate if feeding tube is put in `side effects from the feeding tube can decrease life
Presentation by the Alzheimer's Association	Mid-March – National Association came out with new stats & figures: Alzheimers is the 6 th leading cause of death by disease. Increase in 68% Unable to be cured or prevented. Treatment can only mask the symptoms 50% of the time. Cost of treatment – the way it is going will bankrupt Medicare and Medicaid. 203 billion dollars spent now; by 2050 it will be 1.5 trillion dollars. Conclusion: if we don't fund science, this will bankrupt the country.
	Care giving – very stressful; do care takers actually see themselves as care takers? Dementia : No bio markers or genetic markers to date There are clusters of traits – but it could be from other diseases. Medication side effects can make someone look demented.
	Alzheimer's Association working with Montgomery County 28 support groups plus telephone support

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	Sr. Cathy Weber, from Holy Cross Adult Day Care,	
	runs 20 of those groups.	
	They need more qualified facilitators and co-	
	facilitators.	
	Goal is having one person qualified and the other	
	person who is credentialed.	
	This is not a therapy group.	
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	HELPLINE: 1(800) 272-3900	
	They spoke of reaching out to physicians and educating	
	them on dementia/resources/ etc	
	Conference coming up: Reason to Hope Breakfast	
Conference Coming	Holy Cross Hospital and Riderwood sponsoring a dementia	
up:	conference on October 10 th :	
	Diversity and Spirituality for Person Centered Care	
Summer Study		
Proposal/Discussion	Summer Study for Discussion	Discussion by all in meeting
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	Proposed Topic	
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	Caregiver Services and Supports in Montgomery	
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Next Meeting: Tuesday, June 4, 2013 9:00 a.m10:30 a.m.	401 Hungerford Drive 7 th Floor Conference Room Rockville, Maryland
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